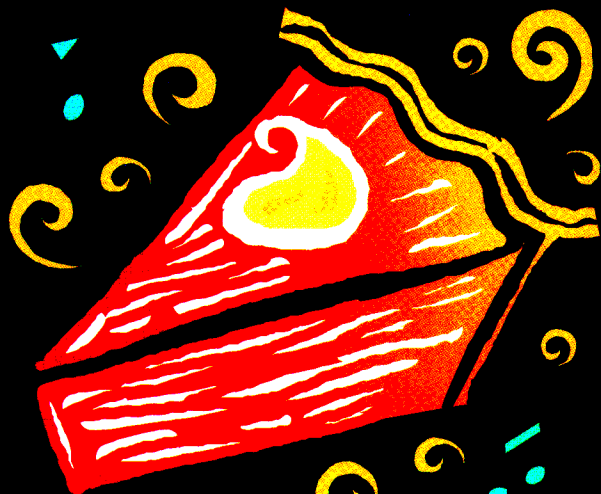


Louisiana Sweet Potato Commission,  
PO Box 2550, Baton Rouge, LA 70821-2550.  
For more information call 1-800-522-4742.  
E-mail address: [sweet\\_p@ldaf.state.la.us](mailto:sweet_p@ldaf.state.la.us)

# LOUISIANA YAMS!



# DESSERT! RECIPES

## A Virtuous Vegetable

Sweet potatoes, or yams, contain virtually no fat or sodium and are one of our most nutritionally complete foods. Extremely high in the production of beta carotene, one medium sweet potato also provides almost twice the recommended daily allowance of vitamin A and over one-third of the vitamin C we need in our daily diet. Sweet potatoes also contribute vitamin B6, iron, potassium and fiber.



The Center for Science in the Public Interest (CSPI) ranks the sweet potato number one of all vegetables on its nutritional score card. Foods receive points for their content of dietary fiber, naturally occurring sugars and complex carbohydrates, protein, vitamins A and C, iron, and calcium. Points are deducted for fat content (especially saturated fat), sodium, cholesterol, added refined sugars and caffeine. The sweet potato scored 184, with the next highest vegetable being the baked Idaho potato, which scored just 83. The sweet potato also scored significantly higher than spinach, broccoli and Brussels sprouts.

## Fresh Yam Selection and Care

When you buy fresh Louisiana yams, choose firm, well-shaped sweet potatoes with bright, clean and smooth skin. Always keep sweet potatoes dry and never refrigerate except after cooking. Cold temperatures are harmful to sweet potatoes.

## Sweet Potato Pudding

3 lbs. sweet potatoes, grated  
1/2 teaspoon fresh grated nutmeg  
1-inch piece fresh ginger, grated  
1-1/2 cups packed brown sugar

1 tsp. salt  
1 14-ounce can sweetened condensed milk  
1 tsp. vanilla extract  
1 1/2 cups water  
1 cup butter softened

Preheat oven to 375 degrees. Butter a 9-in. square pan. In a large bowl, mix the grated sweet potatoes, nutmeg, ginger, brown sugar and salt. In a medium bowl, combine the milk, vanilla, water and butter. Mix with the sweet potato mixture and pour into the buttered pan. Bake until center is set, about 1 1/2 hours. Makes about 20 servings.

## Yams and Peaches

3 16-oz. cans of yams  
1 21-oz. can peach pie filling  
1 16-oz. can sliced peaches  
3/4 cup broken pecan pieces  
1 tsp. ground ginger  
1/3 cup brown sugar

Drain 3 cans of yams and cut into bite-sized pieces. Place half the yams in 9x9-in. casserole dish. Layer half the sliced peaches on top of yams. In separate mixing bowl, blend pie filling, sugar and ginger. Pour half this mixture over yams and peaches. Sprinkle with half the pecans. Repeat these layers. Garnish as desired and bake in 350 degree oven for 50 minutes or until hot and bubbly. Makes 10 servings.

## Sweet Potato Molasses Cookies

1/2 cup margarine  
1/2 cup sugar  
1 egg  
1/2 cup molasses  
1 cup grated, raw sweet potatoes  
2 cups all-purpose flour  
1/2 teaspoon salt  
1/2 teaspoon baking soda  
1 teaspoon baking powder  
1/2 teaspoon cinnamon  
1/2 teaspoon ginger  
1/4 cup milk



Cream together the margarine and sugar. Add the egg and beat thoroughly. Blend in the molasses and sweet potatoes. Add the dry ingredients which have been sifted together, then the milk. Mix thoroughly. Drop from a teaspoon 2 inches apart on a well-greased baking sheet. Bake in a moderate (375 degrees) oven for 12 to 15 minutes or until set and lightly brown.

## Sweet Potato Cake

1 cup cold mashed sweet potatoes  
(without added milk or butter)  
1/3 cup shortening  
1/3 cup water  
1 egg  
1 2/3 cups all-purpose flour  
1 1/3 cups sugar  
1 teaspoon salt  
1 teaspoon ground cinnamon  
1 teaspoon baking soda  
1/4 teaspoon baking powder  
1/4 teaspoon ground ginger  
2/3 cup raisins  
1/3 cup chopped pecans  
Confectioners' sugar

In a mixing bowl, beat potatoes, shortening, water and egg. Combine dry ingredients; add to potato mixture and mix well. Stir in raisins and pecans. Pour into a greased 8-cup fluted tube pan. Bake at 350 degrees for 45-50 minutes or until a wooden pick inserted near the center comes out clean. Cool in pan 10 minutes before removing to a wire rack to cool completely. Dust with confectioners' sugar. Makes 8-10 servings. (An 11x7x2-in. baking pan can be used instead of the tube pan; bake for 30-35 minutes)



## Sweet Potato Muffins

3/4 cup oat bran  
3/4 cup whole wheat flour  
2/3 cup sugar  
1 1/2 tsp. cinnamon  
1 tsp. baking powder  
1 tsp. baking soda

1/8 tsp. salt

1/2 cup apples, skinless, finely chopped

1 cup sweet potatoes, mashed

1 large egg

2 large egg whites

3 tbsp. vegetable oil

2/3 cup plain yogurt

Preheat oven to 350 degrees. In a bowl, combine bran, flour, sugar, cinnamon, baking powder, baking soda, salt, and apples. Add sweet potatoes, egg, egg whites, oil, and yogurt. Stir all ingredients thoroughly. Spray muffin tins with vegetable cooking spray and spoon 1/4 cup of batter per muffin. Variation: Add 1 cup of raisins. Makes approximately 20 muffins.

## Sweet Potato Bars

1/2 cup butter

1 1/2 cups brown sugar, firmly packed

2 eggs

1 cup each all-purpose and whole-wheat flour

2 teaspoons baking powder

2 teaspoons ground cinnamon

1/2 teaspoon baking soda

1/2 teaspoon salt

1/2 teaspoon ground allspice

1 lb. sweet potatoes, pared, shredded (2 cups)

2 cups uncooked old-fashioned rolled oats

2 cups coarsely chopped pecans or walnuts

In large mixer bowl, cream butter and sugar until smooth. Add eggs, one at a time, beating well after each addition. Sift together all-purpose and whole wheat flour, baking powder, cinnamon, baking soda, salt and allspice. With wooden spoon, stir in dry ingredients, sweet potatoes, oats and nuts. Spread dough in a 9x13x2-inch greased baking pan. Bake in a 350 degree oven for 25 to 30 minutes until lightly browned. Cool completely on wire rack. Cut into 1 1/2 inch bars. Makes about 36 cookies. Drop Cookies: Drop dough by heaping tablespoons on lightly greased cookie sheets: flatten to 1/2 inch thickness. Bake in 350 degree oven 20 to 25 minutes until lightly browned. Makes about 36 3-inch cookies.



## **Yam Pecan Pie**

1 (16 oz.) can mashed yams  
1/2 cup brown sugar  
1/4 cup granulated sugar  
1/4 cup cornstarch  
1 egg yolk  
1/4 cup margarine, softened  
1 tbsp. grated orange rind  
1/4 tsp. salt  
1/2 tsp. each ground cinnamon and nutmeg  
1/2 cup chopped pecans  
1 (9-inch) unbaked pie shell

Preheat oven to 350 degrees. Blend yams, sugars, cornstarch, egg, margarine, orange rind, salt and spices in blender until smooth. Pour into pie shell. Sprinkle with pecans and bake for 50 minutes. Top with ice cream if desired.

## **Sweet Potato Dessert Squares**

1 package (18-1/4 ounces) yellow cake mix  
1/2 cup butter or margarine, melted  
1 egg, beaten

**Filling:**

3 cups cold mashed sweet potatoes  
2/3 cup milk  
1/2 cup packed brown sugar  
2 eggs, beaten  
1 tbsp. pumpkin pie spice

**Topping:**

6 tbsp. butter or margarine  
1 cup chopped pecans  
1/4 cup sugar  
1 tsp. ground cinnamon

**Whipped cream and pecan halves (optional)**

Set aside 1 cup of the cake mix. Combine remaining mix with butter and egg; spread into a greased 13x9x2-in. baking pan. Whisk filling ingredients until smooth; pour over crust. For topping, cut butter into reserved cake mix until crumbly. Stir in pecans, sugar and cinnamon; sprinkle over the filling. Bake at 350 degrees for 60-65 minutes or until a knife inserted near the center comes out clean. Cool. Garnish with whipped cream and pecan halves if desired. Makes 16 servings.



## **Surprise Sweet Potato Candy**

2 cups sugar  
1/2 cup margarine  
1 cup evaporated milk  
1/2 cup raw grated sweet potatoes  
2 cups small marshmallows  
1 cup graham cracker crumbs  
2 tsp. vanilla  
2 cups chopped pecans

In a large saucepan combine sugar, margarine and milk. Cook over medium heat, stirring frequently until mixture boils. Add sweet potatoes. While stirring, continue to boil until mixture reaches soft ball stage (235 degrees on a candy thermometer). Remove from heat. Add marshmallows and graham cracker crumbs. Stir until marshmallows are melted and well blended. Add vanilla and pecans, mixing well. Pour into a buttered 9-in. square baking dish. Cool. Cut into squares.

## **Scalloped Sweet Potatoes**

Place alternate layers of sliced cooked sweet potatoes and sliced raw apples in a greased baking dish. Sprinkle the apple layers with brown sugar and dot with margarine. Add just enough water or fruit juice to cover bottom of dish. The apples and sweet potatoes do not take up liquid. Bake covered at 375 degrees for 30-40 minutes or until apples are tender. If desired, uncover the dish for the last 15 minutes of cooking and top with crushed dry breakfast cereal. (Sliced raw sweet potatoes may be used in this recipe, but will need to bake a little longer.)

This public document was published at a total cost of \$2,710.00. Twenty-five thousand (25,000) copies of this public document were published in this first printing at a cost of \$2,710.00. This document was published by LSU Graphic Services, LSU, Baton Rouge, LA 70803 for the Louisiana Sweet Potato Commission, P.O. Box 2550, Baton Rouge, Louisiana 70821-2550 under the authority of R.S. 3:2 for the purpose of disseminating agricultural information. This material was printed in accordance with the standards for printing by state agencies established pursuant to R.S. 43:31.